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A milk easily digested
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Sick babies thrive on it
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A milk with improved keeping qualities
Bottled and capped by sanitary machinery
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6

Varieties

Bread Baked Daily

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Emma Street, above Beretania
New BICYCLES arrived for racing and general use. Prices, \$25 up to \$35, without brakes. Repairing and re-tiring done neatly.

SPORTS

AVIATORS READY FOR HARD TESTS

Plans for the aviation meet to be held at Kapiolani Park Saturday and Sunday afternoons have been completed, and a big crowd should turn out to see Walker and Masson fly in their machines. They will make about four flights the first afternoon if everything goes well. On Sunday afternoon they will make a few more flights at the park. Masson is confident of making a new record for flying in the islands before he leaves here.

Much interest is being taken in the coming meet and there should be thousands of spectators out to see the birds do their stunts in the air. No admission will be charged to the grounds and this will go to draw a large crowd to both meets. The machine which was smashed in the Hilo flight was brought to Honolulu this morning and will be put in shape again by the mechanics, who also arrived this morning from Hilo.

Kapiolani Park is in perfect condition at the present time and has lots of room for maneuvering. The first trial flight will take place at 5 o'clock. Promoter E. J. Love says that everything is arranged for the meet and that he expects it to be a big success. Walker had hard luck at Hilo, but there is little danger of his meeting with any accidents this time. Both Walker and Masson will make flights on these two days.

Early Saturday morning Masson will make an attempt to fly from Lelehuia to Kapiolani Park in his monoplane. This journey will be a trying one, as he intends to make the flight about five thousand feet above the ground.

YACHT RACE POSTPONED

The next event in the yachting line will be the race for the Governor's Cup, which will take place in the near future. The course will be around the island, and the Hawaii, Kamehameha and a few other yachts will participate. The date for this event has been changed from June 15 to some other date.

TENNIS GIVEN UP AT SEVENTY

At seventy Gen. George A. Wingate, lawyer and sportsman, has abandoned tennis. He still plays golf, walks fifteen miles in a day through forest, field and swamp, with gun on shoulder and dog at heel, and wades mountain streams with his trout rod in his hand.

Here is his system. If other men would adopt it, the General says, they would be just as hale and hearty and full of fun and life at the threescore and ten mark.

Take "setting up" exercises fifteen minutes, night and morning, before an open window.

Keep the pores of the skin open by scrubbing them every day with a flesh brush.

Take plenty of outdoor exercise. Have some fun.

If you're getting along toward the fifty mark associate with young people.

Sleep well. Eat and drink moderately. Don't worry.

Take up some altruistic hobby. Men getting along in years can often do more and better work by working five instead of six days a week.

"Yes I've given up tennis, now that I'm seventy, but with the greatest regret. I feel just as lithe, agile and strong today as ever I did," the General told a reporter for The World yesterday. "I could play just as good a game as ever, but I feel that at my age it is the part of wisdom to abandon such a strenuous game. Won't Risk Heart Failure."

"For years I have played the game at my summer place up in the Catskills. Recently, however, a number of physicians, and especially the surgeons at West Point, advised me to give it up. You see, although a man may feel perfectly fit at seventy, his arteries are bound to become hardened. It is no use risking heart failure from an artery strained in jumping after a difficult ball just for the sake of keeping up a fascinating game."

"But I still play golf with great relish. Many's the day I take my dog and my gun and roam fifteen or sixteen miles across the fields in search of grouse or quail or partridge."

"Would you mind telling other men how you have maintained such wonderful vitality, General Wingate?" the reporter asked.

"Not at all, not at all," the General replied.

"In the first place I take the 'setting up' exercises religiously for fifteen minutes every night and morning before an open window. Then I pay careful attention to my skin. It is of great importance to keep open the pores of the skin so that all bod-

ily impurities may find a ready avenue of escape.

"After taking my exercises in the morning I scrub my skin well with a flesh brush. Then I take a sponge bath. I don't believe in shower or plunge baths. Diving suddenly into a tub of cold water is too great a shock."

"Next I cannot emphasize too strongly the necessity for good sleep and lots of it, and moderate eating and drinking. Don't think that I believe in total abstinence. I don't. But a man should use his common sense."

"Take all the outdoor exercise you can, but let there be some fun to it. A man gets very little good out of a fifteen-mile walk taken just for the sake of getting the open air. But a walk of fifteen miles in a golf game or on a hunting or shooting trip, where the man finds pleasure in the sport, is of the greatest benefit."

"Then a man should have a hobby with an altruistic twist to it which will take him away from his business. Some men like the church; others, charitable work; some like myself, take to school boy athletics. Too many men, when they get to be fifty, begin saying: 'Oh, I'm too old for this,' or for that, and shut themselves up in their offices and libraries away from younger human companionship. Such men soon dry up; become old, stiff grandfathers."

"That period of life is just the time when a man should get out among young people, find something that interests himself, apart from his business, and take invigorating exercises."

"Above all, don't worry." When I was a boy I remember reading Thomas Jefferson's ten precepts. One of them read, 'How much worry there has been over things that never happened.' I adopted that for one of my own precepts. When I began to feel anxious about some event that might happen I just think, 'Well, it may not happen after all,' and nine times out of ten it never does happen."

"My father, who was an athlete, took me in hand when I was young, taught me boxing, fencing, riding and shooting, so that when I became thirteen years of age I had advanced far beyond other boys of my years. And now you just feel those biceps and that forearm, young man."

The reporter can safely say that the old General has an arm of which a man of thirty might well be proud.

"A short time ago," the General went on, "I had an important railroad case. I asked the Court to adjourn it two weeks, as I wanted to go down to North Carolina quail hunting. My opponent gazed at me wistfully and said he wished he could go too."

"Why don't you? It would do you good," I told him. But no, he had to stay and attend to his business."

"I came back from the South in ten days, feeling like a fighting cock. I met my opponent. He looked as if he'd been drawn through a knot hole. Told me, in fact, that he'd been sick in bed for a week. So while I was away, gaining in health and ability to do my work, he'd lost even more time from business in a sick bed."

"If some of the business men will take this little lesson to heart it will do them a deal of good."

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But there's no reason why YOU should.

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